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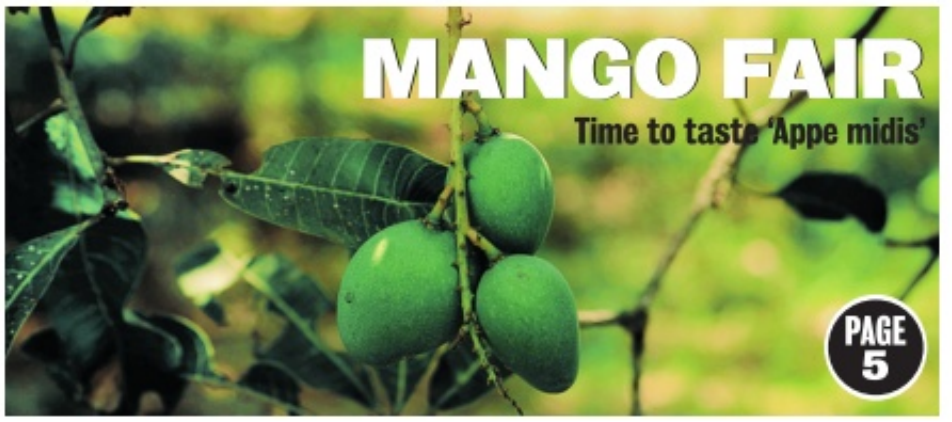
Bangalore Mirror

TEMP Max 32 | Min 39 | Humidity 57% Clear with periodic clouds Sensex 59,832 | Nifty 17,599 | Gold 60,538 | Silver 74,292 | Dollar 81.89 | Euro 89.40 | GBP 101.81



Residents fear recently revived waterbody will deplete further if BWSSB doesn't fix risk of sewage inflow before monsoon

LA LA LAKE

20 MLD untreated wastewater flowing through storm drain

PICS: KAUSHIK JN

Garima Prasher
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The Bangalore Water Supply and Sewerage Board's (BWSSB) apathy in setting up well-connected Underground Drainage (UGD) channels in the city is leading to the unabated entry of untreated sewage into city lakes. One such waterbody is the Gubbalala Lake in south Bengaluru.

"A lot of UGD work is pending in ward no. 198 - if not taken up on war footing, it will not be completed by June
— Gautam Kamath, resident of the area

According to the walkers and residents of the area surrounding the waterbody, untreated wastewater to the tune of 20 MLD is flowing through the stormwater drains surrounding the lake.

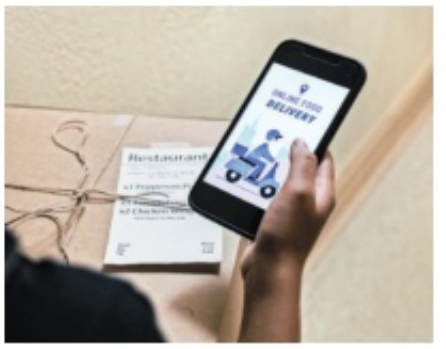
With the monsoon season around the corner, local residents fear the recently revived waterbody will further deplete again if BWSSB's sewage network is not ready by then.

"The SWDs are filled with sewage. Even a single spell of rain will cause lake contamination. Earlier the sewage was diverted to other areas but now

CONTINUED ON PAGE 4 »

Eat, Pray, Vote

Citizens say they are receiving calls from food delivery firms inquiring about their voting preference



Ahna Prakash
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As the assembly election nears, residents are getting calls from different parties requesting to vote for them. However, in an absurd incident, some people alleged they received calls from food delivery firms inquiring about their voting preferences.

On April 6, a man received a call in the morning; his truecaller showed the number belonged to a popular food delivery company and that it's a verified number. When he answered the call, an automated voice started asking questions from what seemed like an election survey.

"I received a call from a food delivery company's number. Though I had not placed any order and I had never bought anything from the company. When I answered the call out of curiosity, I received an IVR message asking whom I voted for during the last election and whom I am going to vote for in the coming election," said the person.

He recorded the call: the call recording was made available to BM in which the person can be heard saying that it's none of the food delivery company's business to know about his political preferences.

"There is nothing illegal about an election survey; everyone's doing it. The questions that should be raised here are how delivery companies are sharing consumer data and why a food delivery company wants to know people's political preferences. If this is true that the call was indeed

CONTINUED ON PAGE 4 »

2 THINGS TO DO

02 Classic moves

To celebrate the legacy of Odissi legend Guru Kelucharan Mohapatra, Sanjali Centre for Odissi Dance presents 'Pravaha Dance Festival'. The evening will feature Sanjali ensemble's group Odissi dance, led by the disciples of acclaimed Odissi Danseuse Sharmila Mukerjee, as well as Smt. Aparna Vinod Menon's Solo Bharatanatyam performance, honed under the tutelage of the late Guru B Bhanumati. Adding to the lineup, the festival will also feature a Kathak duet by Rohini Prabhath and Shreya Vathsa, trained by renowned gurus Nirupama Rajendra and TD Rajendra. **Where: Seva Sadan, Malleswaram; When: April 7, 6 pm**

03 Paradoxical questions

Dancer Navia Natarajan presents her latest Solo production titled "Virodhabhasa – Paradox". The world we inhabit is itself a paradox for it is both real and an appearance: Maya. And so, to better appreciate this world, one needs to look more deeply at what seems like opposites or contradictions. This work is Navia Natarajan's ongoing attempt to investigate the profound nature of Paradox.
Where: Bangalore International Centre
When: April 7, 7 pm; info: 9538015436

Maundy Thursday

A day before Good Friday, Christians took part in Maundy Thursday services to commemorate the Last Supper of Jesus Christ and the sacraments of Eucharist and Priesthood instituted by Jesus 2,000 years back.

Of traditions and rituals

Devotees light camphor on the occasion of Karaga, as part of the rituals. Meanwhile, on Thursday a major mishap was averted by authorities who quickly stepped in when several bikes caught fire after a few fans of IPL team Royal Challengers Bengaluru lit camphorto pray for the team

PIC: KAUSHIK JN

Education, at a price

Parents aghast that some schools hiking fees by more than 15%

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Amid reports of schools increasing their fees exorbitantly, school associations have condemned the steep hikes and urged parents to lodge a written complaint if any school is charging a fee higher than 15 per cent.

With the new academic year yet to begin and schools already announcing their fee structures and asking parents to pay up, many parents are upset that some schools have raised their fees by more than 15 per cent.

However, school associations have stated that fees can be hiked up to 15 per cent, but anything beyond that may be deemed unacceptable. In fact, the school associations have further stated that due to the actions of a few schools, other schools are also facing criticism.

At a press conference in the city on Thursday, D Shashi Kumar, General Secretary of the Karnataka Associated Managements of English Medium Schools (KAMS), said, "The Karnataka schools approached the High Court to ensure that schools have the freedom to work out their fee structure based on the culture of the school.

Bangalore Mirror
Learning is a costly biz

Bangalore Mirror's February 1 story reported how schools in Bengaluru have been gearing up to hike their fees in the range of 8 – 25 per cent for the new academic year

> **"We do not appreciate the move to raise fees to an unreasonable level. We request schools to think of the parents' community and support the general ethos of schools in general.**
>
> – D Shashi Kumar, General Secretary of the Karnataka Associated Managements of English Medium Schools

"We are grateful that the court has ruled that the government should not interfere with the freedom of schools to manage their affairs. However, this freedom comes with a lot of responsibilities."

According to him, a few unscrupulous elements misuse this freedom, tarnishing the image of the entire community of schools.

"We do not appreciate the move to raise fees to an unreasonable level. We request schools to think of the parent community and support the general ethos of schools in general. A sudden rise in fees would require very clear support from parents to support the school."

He further stated that when a few schools do not follow this, the reputation of schools in general suffers, and parents will take steps to ensure that schools who care for children and support their ethos are valued. Apart from new admissions, if any school changes its fee structure or increases its fees year after year, raising them beyond 15 per cent or commercialising its fees, for example, parents will not want to support such a move.

If parents are having trouble with their notice too, they can file a written complaint so that the school's actions can be evaluated.

'JEE Paper 1 was balanced'

The Joint Entrance Exam (JEE) paper 1 held for B.E./B. Tech aspirants on Thursday was a balanced one, according to experts. The examination was conducted across various centres in India, and students were not allowed to carry any personal belongings except transparent ballpoint pens, admit cards, and their Aadhaar cards.

Transparent water bottles were permitted. The exam started sharply at 9:00 am after the students went through sanitisation stations. Metal detectors were used at the entry gate, and no bags or wristwatches were allowed inside.

Analysing the paper, Ramesh Batlish (Centre Head-FIITJEE Noida Centres) said, "The paper consisted of two parts, each with three sections: Physics, Chemistry, and Mathematics, and a total of 90 questions. The total marks of the JEE Main Paper-1 were 300, and five out of ten questions were to be attempted from the numerical-based section in each subject.

"The marking scheme for multiple-choice questions was +4 for correct responses, -1 for incorrect responses, and 0 if not attempted. In contrast, the marking scheme for numerical-based questions was +4 for correct responses and 0 in all other cases, except for negative marking for incorrect responses."

> **The JEE was held across the country for BE/BTech aspirants under strict surveillance of examinees**

Students reported that the paper was balanced and covered almost all chapters of Class XI and XII CBSE boards.

Mathematics was moderately difficult, while Physics was easy, and Chemistry was at an easy to moderate level. **— BMB**

Now, a flasher shocker near Koramangala park

Yet another case of harassment of women has come to the fore from Koramangala. The police had taken an auto driver into custody for flashing and masturbating in front of a woman near 80 feet road in Koramangala last week.

The victim alleged around 11 pm, her boyfriend and she were walking near a park adjacent to the 80 feet road.

"We bought coffee and were just walking on the road and we spotted a few kittens. I stood with the kittens, while my boyfriend went to get kitten food from a nearby store. I suddenly spotted an auto parked behind me. When I look back, I was horrified to see a man masturbating while looking at me," said the victim.

The victim and her boyfriend, who came back from the pet store, threatened the auto driver that they would report him to the police. After the threat, the man fled from there.

The couple started looking for the auto in nearby areas as the victim had recorded his vehicle number. But even after a long search, they couldn't find him in Koramangala.

Later when the couple was returning back home to Ejipura, they noticed that the auto was parked near a park in Viveknagar police station limits.

"We then approached the auto driver again and my boyfriend called the police. Later the man was taken to the police station and we complained about the incident to the police," she said.

According to the police, the auto driver was in an inebriated condition.

Increased patrolling near parks

"The auto driver was very intoxicated. And we were suspicious that he might have done this before too. We carry out night patrolling every day and especially near parks. There have been cases of harassment where the culprits targeted couples or women roaming around parks, so we are being vigilant to make sure that such incidents don't happen again," said the police.

This incident comes close on the heels of the horrific gang rape that happened in Koramangala in March.

A woman who was sitting in a park with her male friend was dragged by four people in a car and raped.

– Ahna Prakash

Bribe case: Rail Wheel Factory official arrested

The CBI has arrested the Principal Chief Engineer of Rail Wheel Factory in Yelahanka, for allegedly accepting a bribe of Rs. 75,000 from a civil contractor. The CBI acted on a complaint hat the accused demanded Rs. 1,00,000 from the complainant to continue contract work in the Factory.

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Gubbalala Lake at risk of sewage inflow

CONTINUED FROM PAGE 1

it is going through a channel around the lake. It will enter the lake once the monsoon arrives. While we have been pushing the officials concerned to take action sooner than later, nothing has moved on the ground so far," said Gautam Kamath, a resident of the area. Residents alleged a total lack of coordination among government agencies such as BWSSB and Bruhat Bengaluru Mahanagara Palike in dealing with the issue despite several complaints. Many highlighted that the drains have gathered a lot of silt and should be cleared before the monsoon showers begin.

"The SWDs have gathered a lot of silt too, heightening the chance of sewage entering the lake. While BWSSB has not completed the UGD work, BBMP is not on its toes when it comes to maintaining the lake area. A lot of garbage is being dumped inside the lake premises. While there is a caretaker available during the time the lake is open to the public, littering is going on unabated," said Randhish, another resident of the area.

Gubbalala Lake was developed recently at a total cost of Rs 3.5 crore; it is located near the 100 villages in the city periphery, which were added to the BBMP limits back in 2008.

"Every time we have reached out to the officials at BWSSB, they have only been providing false assurances. A lot of UGD work, for instance, is pending in ward no. 198 - if not taken up on war footing, it will not be completed by June. We have now reached out to BWSSB and BBMP officials concerned to conduct a joint survey and analyse how fast the work can be completed," Kamath told BM. Residents also raised the issue of the lack of Sewage Treatment Plants (STPs) in the area despite adequate funding.

"As many as seven STPs were sanctioned almost four years ago for all the 110 villages combined, but no development has taken place on that front. BWSSB is polluting the waterbodies; there should be a criminal case filed against the board," said another resident and regular walker at Gubbalala Lake.

25 junctions of change

BBMP takes up traffic junction improvement work at ₹23.5 cr

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Junction improvement work by the Bruhat Bengaluru Mahanagara Palike (BBMP) is in progress. The Palike has taken up improvement of 25 junctions in the city at an estimated cost of Rs 23.50 crore to ensure smooth movement of vehicles and reduced pollution.

The improvement of eight junctions at different locations in the city is in progress, and the BBMP is yet to take up the improvement of 17 junctions.

"The objective is to reduce pollution at traffic junctions in the city. With higher vehicle density, there is more pollution occurring at the traffic junctions. We are also trying to make provisions for a water fountain at most of the junctions that are being improved," said BBMP Executive Engineer (Traffic Engineering Cell) HN Jayasimha.

The BBMP has prepared a plan to improve the following traffic junctions: Hudson Circle, NR Square, Town Hall Junction, Circle Maramma Junction, Mayo Hall Junction, Karle Junction, Brigade Road Junction, Vidhana Soudha Junction, Golf Course Junction, Gubbi Thotadappa Junction, Upparpet Junction, KH Circle, Ashok Pillar Circle, Sumanahalli Junction, Madhavan Park Circle, BEL Circle, Dairy Circle, Lalbagh Main Gate Junction, Hebbal Junction, Cantonment Junction, Jnanabharathi Junction, Guttahalli Junction, Domlur Junction, Suranjan Das Junction, and Hudson Police Park.

KAUSHIK JN

Work in progress at Corporation Circle and Hudson Circle traffic junctions

According to the document available with Bangalore Mirror, around 90 per cent of junction improvement at the Town Hall is completed, while 70 per cent of the work is completed at Ashoka Pillar Circle and Dairy Circle, 60 per cent of the work is completed at NR Square and the Town Hall Junction, and 40 per cent of work is completed at KH Circle. Only 20 per cent of improvement work has been done at Hudson Police Park, while only 10 per cent has been done at Mayo Hall Junction.

"Parking on roadsides reduces space. This was understood from simulation. The BBMP is in favours revenue model over a utility model – MN Sreehari, expert

However, Professor MN Sreehari, an expert at traffic engineering, opined that junction improvement would not help reduce traffic jams in the city. He said that parking of vehicles on the road has been a major hurdle for smooth movement of vehicles.

"Parking on roadsides reduces space drastically. This was understood very well from simulation. The BBMP authorities are in favour of a revenue model rather than a utility model. The road is for traffic flow and movement, and the footpath is meant for pedestrian movement," he said.

F.No. N-15/8/2020-NI
GOVERNMENT OF INDIA
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT
DEPARTMENT OF EMPOWERMENT OF PERSONS WITH DISABILITIES
(DIVYANGJAN)

Appointment of Director, National Institutes

Online applications are invited for the post of Director of National Institute of Mental Health Rehabilitation (NIMHR), Sehore, Madhya Pradesh and Indian Sign Language Research & Training Centre (ISLRTC), New Delhi (Autonomous Bodies) under the administrative control of the Department of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice & Empowerment, Government of India. Post is to be filled up on Deputation/ contract basis and carries pay as per Pay Level 13 (Rs.123100- 215900)of Pay Matrix for deputation and consolidated remuneration of Rs.1,75,000/- per month for contract basis.

2. Detailed advertisement is available on the website of the Department https://disabilityaffairs.gov.in and on the website of the respective Institutes. The last date for receipt of applications would be 45 days from the date of publishing of the advertisement in employment news.

(Navin Kumar)
Under Secretary to the Govt

CBC 38117/11/0064/2223

Here's your order, btw...

CONTINUED FROM PAGE 1

from a food delivery company then they should be questioned about why they are distributing consumers' numbers or why they are curating information and sharing it with political agencies," political consultant Sachin Tantry told BM.

Political expert Maj Gen Anil Verma (retd) said that in recent years political parties are using social media and IT cells to survey and know their vote bank, but sometimes the means they use can get unethical.

"The grey area is that the person can't hold anyone accountable because they don't know which party is doing it or which agency is behind these calls," he said. T Yoyesh, joint chief election officer, said political parties need to take prior permission from the election commission to do such advertisements.

"If people come across any such cases, they can approach DO or RO. If they are doing any political advertisements they have to take permission; if they are doing anything without permission, a complaint can be filed," he said.

1 killed as BMTC bus rams bike

A man died after a BMTC bus collided with a bike rider near Sadahalli. Chikkajala traffic station police have registered a case against the bus driver and are investigating the case.

Raju, a resident of Maranayakanahalli, was working as a lorry driver in a stone quarry. Around 7:50 am on Thursday, a BMTC bus coming from Devanahalli collided with his vehicle while crossing the signal. The police said that Raju, who was seriously wounded, was admitted to the hospital, but he succumbed to his injuries.

A case has been registered against the driver based on the complaint filed by the victim's wife. In the preliminary investigation, it was found that negligence of the bus driver and speeding were the reasons for the accident.

Rape-murder of 85-yr-old

Police have cracked the horrific rape/murder case of 85-year-old woman in Hassan district and have arrested the culprit, officials said on Thursday.

The arrested person has been identified as 32-year-old Mithun Kumar. The incident had come to light in Yarehalli village in Arsikere taluk on April 2. The body of the old woman with her head smashed was found at a farm. The police after taking up the investigation had suspected the role of the accused who was involved in attempt to rape case on an aged woman five years ago. — BMB

Tried an Appe midi yet?

Native to Karnataka, Appe midi mangoes are a rare type used to make pickles; institute to organise fair to put spotlight on these little wonders

| Sridhar Vivan
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TWEETS @sridharvMirror

It's mango season but while nearly every type of mango is available in the city now, finding Appe midi, a type that is specifically used for pickling, is still rare.

To address this issue, Bengaluru-based ICAR-IIHR, in collaboration with various horticultural promotion agencies, is organising the "Appe midi Mango Diversity Fair 2023" during April 12 – 13.

The institute has surveyed, collected, and preserved more than 250 Appe midi mango accessions, and the fair will showcase over 100 varieties of Appe midi mangoes. Dr M Sankaran, the principal scientist of the Division of Fruit Crop at ICAR-IIHR, stated that Appe midi is very popular in Sirsi, Sagar, Honnavar, Kumta, Shivamogga, Chikkamgaluru, and Kodagu districts.

The fruit is cultivated mostly for its unique properties

Given the vast market potential and shortage of fruit supply, these mangoes require attention for their long-term conservation, say experts

He also mentioned that the aroma of the fruit may be the same in and around Bengaluru, but the content of the aroma may be different. Furthermore, the fruit's potential for commercial cultivation is not yet fully realised. The pickle is indigenous to Karnataka and has a unique aroma, which is why it has received a GI tag.

The IIHR has researched and conserved 250 varieties of the fruit and is looking to expand into other areas to increase the supply to the pickle industry. The fruit is mainly used for pickling in its tender stage, and it is not used for fresh consumption. The institute has established an orchard and has been promoting the fruit through awareness programs.

The demand for pickles varies from 4,000 to 5,000 tons per year, but the supply of Appe midi meets only one-tenth of the market demand. Consequently, they are often mixed with ordinary tender mangoes. Given the vast market potential and shortage of fruit supply, these mangoes require attention for their long-term conservation.

The IIHR is also developing a sea route protocol for mango exports to expand the reach of Indian mangoes globally. Dr Sankaran highlighted that the institute is working towards the growth of the supply of the fruit to the pickle industry and increasing the production of mangoes by introducing resistant varieties, and improving farming practices.

U-turn with ease, on Old Manipal Road

After citizens file petition, traffic officials allow U-turn on trial basis

| Melvin Mathew
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TWEETS @BangaloreMirror

Traffic officials have allowed U-turns on Old Manipal Road near Manipal Hospital on a trial basis, after a petition was filed by several citizens on the grounds that it would help commuters. The measure comes as a relief to lakhs of Bengalureans travelling on that route. Traffic officials have now permitted the U-turn on a trial basis. Previously, BM had reported about the plight of commuters along the stretch. A senior traffic official said, "We have allowed the U-turn near Manipal Hospital on a trial basis. It was opened to the public yesterday evening itself."

In the petition, residents said commuters had to go an extra 3 km to take the U-turn

The United RWA of Konena Agrahara (UROK) had raised an online petition to the former Bangalore Traffic Police, JCP Ravikanthe Gowda urging the same.

In the petition, residents highlighted that commuters coming from the areas of Rustam Bagh, Golden Enclave, Gem Wellington, Prestige Casablanca, and Kodihalli didn't have a U-turn and had to instead travel at least 3 km extra to take the U-turn. Residents also noted that to take the next U-turn, commuters had to travel to the next ward Domlur or Indiranagar causing massive inconvenience to commuters.

As per the petition, previously two U-turns were closed by BTP over time. Residents of Konena Agrahara had also stated how the absence of a U-turn had made it difficult even during times of medical emergency.

World Health Day | A Consumer connect initiative

Reminder, folks: It's most important to have a healthy mind, body, and soul

As the world celebrates World Health Day, under the leadership of the World Health Organisation, health experts in the field of medicine and healthcare expressed their thoughts on the significance of this day and the importance of a healthy lifestyle.

Dr Prasanna Venkatesh, Senior Consultant Paediatric Urologist and Managing Director at NU Hospitals, stated that a healthy person can face the world with inner strength.

For him, on this day, people need to spread the message of kidney health as well. Kidney diseases are silent killers. They may cause progressive loss of kidney function leading to kidney failure and ultimately requirement of dialysis or kidney transplant to sustain life. Chronic kidney disease (CKD) is very common and has no cure, so prevention is the only option. Early detection and treatment can often keep CKD from getting worse."

Paediatricians believe that it is time for parents and the government to focus on the health of children, which is very crucial. Dr Mounica Krishna Reddy, Paediatric Endocrinologist at Rainbow Children's Hospital, Marathahalli, added that health is real wealth. Don't just live, but live well, she said.

Dr Nagesh R, Medical Administrator and HOD-Anaesthesiology at Kauvery Hospital, Electronics City, said, "In addition to improving access to healthcare, we must also address the social and economic factors that contribute to poor health outcomes. Poverty, discrimination, and lack of education can all have a profound impact on a person's health, and addressing these factors is essential if we want to build a fairer, healthier world. This means investing in education, improving living conditions, and creating economic opportunities that allow people to live fulfilling lives."

Dr Pramod V Satya, Consultant in Internal Medicine at Manipal Hospital, Millers Road, highlighted the importance of prioritising good health practices, especially in a city like Bengaluru.

He stated that during summer season, there may be an increased risk of foodborne infections, leading to symptoms such as diarrhoea, stomach cramps, vomiting, and fevers. To protect against these health risks, it is imperative to prioritise clean food, clean air, and hand hygiene. In addition to these preventive measures, managing weight and ensuring quality sleep are fundamental steps in maintaining overall well-being. Therefore, adopting healthy lifestyle habits, including regular exercise, balanced diet, and adequate sleep, is crucial in promoting optimal health.

— Prakash VL

Advertorial

ಪೈಲ್ಸ್ ಪಿಸ್ತುಲಾಗಳಿಗೆ ಕ್ಷಾರ ಸೂತ್ರ ಚಿಕಿತ್ಸೆ

ಕಳ್ಳ ಚಿಕಿತ್ಸೆಯ ಪಿತಾಮಹ ಎನಿಸಿಕೊಂಡಿದ್ದ ಸುಶ್ರುತ ಆಚಾರ್ಯ ಸುಮಾರು 2500 ವರ್ಷಗಳ ಹಿಂದೆಯೇ ಪ್ಲಾಸ್ಟಿಕ್ ಸರ್ಜರಿ ನೇತ್ರ ಬಿಂದುವಾದಿ ಅನೇಕ ಕಷ್ಟ ಚಿಕಿತ್ಸೆಗಳನ್ನು ಯಶಸ್ವಿಯಾಗಿ ಮಾಡುತ್ತಿದ್ದರು. ಔಷಧಗಳ ದ್ವಾರ ಚಿಕಿತ್ಸೆ ಮಾಡುವುದರಲ್ಲಿಯೂ ಅವರು ಅಷ್ಟೇ ಪ್ರಾವೀಣ್ಯತೆ ಹೊಂದಿದ್ದರು. ಗುದಗತ ಕಾಯಿಲೆಗಳಾದ ಮೂಲವ್ಯಾಧಿ ಪಿಸ್ತಲಾಗಳಿಗೆ ಆಯುರ್ವೇದದಲ್ಲಿ ಅತಿ ಸುಲಭ ಪರಿಣಾಮಕಾರಿಯಾದ ಹಾಗೂ ಉಪದ್ರವ ರಹಿತ ಚಿಕಿತ್ಸೆ ಮಾಡುತ್ತಿದ್ದರು ಎಂಬುದನ್ನು ವಿವರಿಸಲಾಗಿದೆ.

ಕ್ಷಾರ ಸೂತ್ರ ಎಂದರೇನು ?

ಇದೊಂದು ಔಷಧಗಳ ಮೂಲಕ ತಯಾರಿಸಿದ ದಾರ ಸರ್ಜಿಕಲ್ ನಂಬರ್ 21 ದಾರವನ್ನು ತೆಗೆದುಕೊಂಡು ಅದಕ್ಕೆ ಕಳ್ಳಿ ಹಾಲು ಲೇಪ ಆಪ ಮಾರ್ಗ ಕ್ಷಾರ ಕೊನೆಗೆ ಅರಿಶಿನ ಲೇಪ ಮಾಡಿ ತಯಾರಿಸಿದ ದಾರಕ್ಕೆ ಕ್ಷಾರ ಸೂತ್ರ ಎನ್ನಲಾಗುತ್ತದೆ. ರೋಗಿಯನ್ನು ಪರೀಕ್ಷಿಸಿ ಮೂಲವ್ಯಾಧಿಯ ಸ್ಥಿತಿ, ಆಕಾರ, ಗಾತ್ರ ಮೊದಲಾದವುಗಳನ್ನು ನೋಡಿ ಕ್ಷಾರಸೂತ್ರಕ್ಕೆ ಯೋಗ್ಯರು ಎನ್ನುವುದನ್ನು ನಿರ್ಧರಿಸಲಾಗುತ್ತದೆ

ಯೋಗ್ಯ ರೋಗಿಯನ್ನು ಉತ್ತಮ ಪಾದಪದಲ್ಲಿ (ಸುಪ್ಪನ್) ಮಲಗಿಸಿ ಸ್ಥಳೀಯ ಅರವಳಿಕೆ ಕೊಟ್ಟು ಕ್ಷಾರ ಸೂತ್ರವನ್ನು ಮೊಳಕೆಗೆ ಕಟ್ಟಲಾಗುತ್ತದೆ. ಇದು ಕೇವಲ 10-15 ನಿಮಿಷಗಳಲ್ಲಿ ಮುಗಿಯುವ ಪ್ರಕ್ರಿಯೆ. ಈ ರೀತಿ ಕಟ್ಟಿದ ದಾರವು ಏಳರಿಂದ ಒಂಬತ್ತು ದಿನಗಳಲ್ಲಿ ಮೊಳಕೆ ಸಮೇತ ಉದುರಿ ಬೀಳುತ್ತದೆ ಹಾಗೂ ರಕ್ತಸ್ರಾವ ಕೂಡ ಇರುವುದಿಲ್ಲ, ನಂತರ ರೋಗಿಯು ತನ್ನ ದಿನ ನಿತ್ಯ ಕಾರ್ಯಗಳನ್ನು ಎಂದಿನಂತೆ ಮಾಡಬಹುದು. ವೈದ್ಯರ ಸಲಹೆಯಂತೆ ಒಂದು ವಾರ ಔಷಧಿ ಸೇವಿಸಿದರೆ ಆಯ್ತು, ಒಮ್ಮೆ ಚಿಕಿತ್ಸೆ ಪಡೆದರೆ ಕಾಯಿಲೆ ಮತ್ತೆ ಕಾಡಿಸಿಕೊಳ್ಳದು.

ಮೂಲವ್ಯಾಧಿಗೆ ಕಾರಣ

ಅಧಿಕ ಸಮಯದವರೆಗೆ ಒಂದೇ ಆಸನದಲ್ಲಿ ಕುಳಿತು ಕೊಳ್ಳಲು ಕಲಿಸಿ. ಸುದೀರ್ಘ ಪ್ರವಾಸ, ಸೈಕಲ್ ಸವಾರಿ, ಮಲಬದ್ಧತೆ, ಮಾಂಸಹಾರ ಸೇವನೆ, ವಂಶ ಪಾರಂಪರ್ಯ ಮೊದಲಾದವುಗಳು ಮೂಲವ್ಯಾಧಿಗೆ ಪ್ರಮುಖ ಕಾರಣಗಳು. ಗುದ ಪ್ರದೇಶದಲ್ಲಿ ತೀವ್ರ ವೇದನೆ ರಕ್ತಸ್ರಾವ ದಾಹ ಅಥವಾ ಉರಿ ಗುದ ಪ್ರದೇಶಗಳಲ್ಲಿ ಮೊಳಕೆ ರೂಪದಲ್ಲಿ ರಕ್ತನಾಳಗಳು ಇದರ ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು. ಈ ರೋಗಿಗಳು ಔಷಧ ಸೇವನೆಯೊಂದಿಗೆ ಕೆಲವು ಪಥ್ಯ ಪಾಲಿಸುವುದು ಆಗತ್ಯ. ಈ ರೋಗದಲ್ಲಿ ಅಗ್ನಿಯ ಪಾತ್ರವನ್ನು ಸರಿಯಾಗಿರುವವರಿಗೆ ಈ ರೋಗ ಏಡಿಸುವುದಿಲ್ಲ, ಅಗ್ನಿಯ ಮೇಲೆ ವ್ಯತ್ಯಾಸವಾದರೆ ರೋಗ ಉಲ್ಬಣ ವಾಗುವುದು. ಆದ್ದರಿಂದ ಅಗ್ನಿ ಬಲ ಹೆಚ್ಚಿಸುವಂತಹ ಔಷಧಗಳನ್ನು ಕೊಡುವ ಮೂಲಕ ಖಾಯಿಲೆಯನ್ನು ನಿಯಂತ್ರಿಸಬಹುದು.

ಪಥ್ಯದಲ್ಲಿ ಮಜ್ಜಿಗೆ, ಲಘು ಆಹಾರ, ಬಿಸಿನೀರು, ಹಸಿರು ತರಕಾರಿ, ತುಂಡಿ ಕಷಾಯ ಮುಂತಾದವುಗಳ ಸೇವನೆ ಆಗತ್ಯ. ಜೊತೆಗೆ ವ್ಯಾಯಾಮ ಮಾಡುತ್ತಿರಬೇಕು ಎಂದು ಡಾ. ಎಸ್ ಎಸ್ ಹಿರೇಮಠ್ ತಿಳಿಸಿದ್ದಾರೆ.

ವಿವರಗಳಿಗೆ ಸಂಪರ್ಕಿಸಿ : **ಶ್ರೀ ಧನ್ವಂತರಿ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆ**
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Turn up to boost turnout

Mission 100% Voting aims to tackle Bengaluru's low voter turnout this election

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Voter turnout in Bengaluru has always been below 70 per cent. From elections for the Lok Sabha, State Assembly, to the Bruhat Bengaluru Mahanagara Palike (BBMP) Council, voter turnout has always been around 60 per cent or below.

To increase the turnout, the members of Rustambagh Association for Welfare and United Residents Welfare Association of Konena Agrahara have launched Mission 100% Voting, a citizen collective initiative.

This initiative was launched at Rustam Bagh Layout during the Lok Sabha elections held in 2019. It is said that Rustam Bagh Layout is the only locality where the majority of residents have enrolled as voters. Now, the Mission 100% Voting initiative is being extended to more than 30 localities, and more than 200 residents from different areas have expressed interest in taking this forward.

File photograph of citizens waiting to cast their vote during the gram panchayat elections in Karnataka

"Our objective is to ensure 100 per cent voting during the elections. We have launched this initiative this year too, and the residents who did not register their names are coming forward to enroll their names in the voters' list," said Anjali Nene, a resident of Rustam Bagh Layout.

Jayakumar S, president of HAL 3rd Stage Residents' Welfare Association, said that he wanted to introduce Mission 100% Voting in HAL 3rd Stage. "We have attended a meeting convened by BBMP authorities to discuss the awareness programmes during the State Assembly elections," he said.

The residents of Rustam Bagh Layout took the BBMP's help to conduct a voter registration drive in 2019 and filled 250 voter application forms, but only 99 new voter ID cards were given. It was considered the highest number of new additions to the single voting booth at the layout. They conducted a Know Your Candidate event where candidates from different political parties addressed the voters. On the day of voting, they set up a citizens' stall near the voting booth, helping people find their names on the list. The result was a turnout of around 1,200 people at the polling booth as against 400+ people in the previous election.

> **Our objective is to ensure 100% voting during the elections. We have launched this initiative once again** – Anjali Nene, resident

"Most people complain about the system not being the way it should be, but this is the time to make a difference. Our one step of voting ensures we elect someone who we can believe in, to bring in change. Your decision to vote helps citizens for the next five years," said Poornima Shetty, president of Rustambagh Association for Welfare and United Residents Welfare Association of Konena Agrahara.

Koramangala 4th Block RWA general secretary Raghu R said the problem with millennial voters is that they would go on tour during the elections. "We will organise awareness programs in our locality for 10 days before polling," he said.

It's raining cash, liquor, gold & freebies!

It's been raining cash, gold, liquor, and freebies in poll-bound Karnataka ever since the election dates were announced. On Thursday, various teams seized cash of Rs 4.45 crore in Nippani, Bhadravathi, Gadag and Nargund, an election commission bulletin said.

Apart from this, 62,826 litres of liquor worth nearly Rs 1.89 crore was confiscated by the Excise Department.

The Static Surveillance Team seized 725 grams of gold worth nearly Rs 45 lakh in Dharwad constituency of Dharwad district while the Flying Squad Team seized freebies worth more than Rs 34 lakh in Byatarayanapura Constituency in Bengaluru city, the bulletin said.

On Thursday, cash of Rs 4.61 crore, 395 grams of gold worth Rs 21.25 lakh and 28 kg gold worth Rs 19 lakh were seized in Belagavi's Khanapur Taluk.

Cumulatively, cash worth Rs 27.38 crore, liquor worth Rs 26.38 crore, drugs worth Rs 88 lakh, 25.24 kg gold worth Rs 9.87 crore, and freebies worth Rs 12.49 crore have been seized.

Karnataka Assembly Elections will be held on May 10 and the counting of votes will take place on May 13.

BJP MLA lodges complaint

BJP MLA from Puttur in Dakshina Kannada district, Sanjeeva Matandoor, on Thursday lodged a complaint with the police after some intimate photos in which he is purportedly seen with an unidentified woman went viral on social media.

In his complaint with Uppinangady police, Matandoor alleged that the photos were edited and posted on media by his detractors to sideline him in the party. He has also sought legal action against those behind the viral pictures.

The development comes just before the BJP is likely to announce its first list of candidates on April 8 and is considered as a setback to the party, sources said.

Minister booked for hate speech

Karnataka Minister Munirathna has been booked by the police for his alleged hate speech against Christians. A case was registered against the minister on a complaint by a gazetted officer who charged him with promoting enmity among people.

In an interview to a private news channel on March 31, Munirathna, Horticulture Minister in the Basavaraj Bommai government, had purportedly said, "Christians are converting people at this moment too. Conversion is maximum in the slums. In places where 1,400 people are there, 400 have been converted. If they come (for conversion) then kick them out or give a complaint at the police station."

The Rajarajeshwarinagar police booked the BJP MLA from RR Nagar under Section 117 (abetting Commission of offence), 153A (promoting enmity between various groups or religion) of the Indian Penal Code and 125 of People's Representation Act (Promoting enmity between classes in connection with election).

(With agency inputs)

IN BRIEF

Cong announces second list

On Thursday, the Congress released its second list of 42 candidates for the upcoming state assembly elections but has not yet announced a candidate for the Kolar constituency where former Chief Minister Siddaramaiah has expressed an interest in running. The party has accommodated candidates who switched from the BJP and the Janata Dal (Secular) and aims to win the election to gain power in the state. The Congress has asked Siddaramaiah to contest from his traditional stronghold of Varuna in the Mysuru district, where his son won in the 2018 Assembly Elections. The party's Central Election Committee will meet again today to finalise candidates for the remaining 100 seats.

Meanwhile, JD(S) is likely to announce the second list on Friday. Party leader HD Kumaraswamy expressed confidence in resolving the issue and stated that there are no problems. The delay in releasing the second list was due to issues regarding the Hassan ticket, which has become a bone of contention within the family. Bhavani Revanna, the wife of Kumaraswamy's elder brother and former Minister HD Revanna, has thrown her hat in the ring for the Hassan seat,

> **Congress has accommodated candidates who switched from BJP and JD(S)**

despite Kumaraswamy's repeated statements that she will not be fielded. Party patriarch HD Deve Gowda was to hold a meeting with his sons and take a final call. Both Kumaraswamy and Revanna have maintained that Gowda's word will be final on the Hassan ticket issue.

The Karnataka BJP unit has shortlisted candidates for the state assembly elections, and the first list is likely to be announced tomorrow. BS Yediyurappa stated that the list of shortlisted candidates will be sent to the high command on today, and the final list will be released after discussions tomorrow. The party leaders have shortlisted three names for all constituencies, and the meeting was held till late in the night at a private resort by the BJP core committee and election committee.

Sources also revealed that CM Bommai will reach New Delhi by tomorrow to secure tickets for his supporters. Elections are scheduled for May 10, and the counting of votes will take place on May 13. The BJP currently has 119 MLAs in the Assembly, while the Congress has 75, and its ally JD(S) has 28 seats..

PTI

'Can't seek Indian citizenship till Pak citizenship is renounced'

Mere surrender of passport does not amount to renunciation of citizenship, says court

The High Court of Karnataka has refused to give direction to the Indian authorities as sought by two minor Pakistani citizens to grant them citizenship.

The minors had approached the HC through their mother who is an Indian. Their father is a Pakistani and the two -- a 17-year old girl and 14-year old boy -- were born in Dubai and now reside in Bengaluru with their mother Ameena.

IN HIGH COURT

Justice M Nagaprasanna in his judgement said that they had renounced their Pakistani passport but not the citizenship of that country. As per laws of Pakistan they can renounce their citizenship only after turning 21. In those circumstances, they cannot be granted citizenship of India.

"...the children as on today, are not Stateless. They are citizens of Pakistan. They have only surrendered the passport but they have not renounced citizenship of Pakistan; mere surrender of the passport does not amount to renunciation of citizenship. Unless such renunciation comes about, no directions could be issued to the Ministry of External Affairs, to consider the case of the mother for grant of citizenship to the children," the court said.

"Therefore, it is for the mother, to place all those materials that are sought for by the authorities, to consider grant of such citizenship in favour of the petitioners. No mandamus would lie in the peculiar facts of this case," the HC said in its recent judgement.

Ameena was married to one Asaad Mallik in 2002 and divorced in 2014.

She returned to Bengaluru to her parental home in 2021. She sought to bring her children with her and the Indian Consulate in Dubai granted the children temporary passports on humanitarian grounds.

But it was subject to the citizenship status of the children after they surrendered their Pakistani passport.

Minor Pakistani citizens live with Indian mother in city, but as per Pakistan's laws, they can renounce citizenship only after they turn 21

'No response' to ads seeking info on availability of burial grounds in K'taka

The state government on Thursday informed the High Court of Karnataka that it has adhered to the direction of the Court and issued public notice in newspapers seeking information on villages that do not have graveyards.

However, there has not been a single response so far from anywhere, it said.

A division bench of Justices B Veerappa and T Venkatesh Naik is hearing a contempt petition filed by Mohammed Iqbal, accusing the government of failing to act on the 2019 high court order directing the state government to provide land for graveyards in all villages in the state.

Earlier in January, the Chief Minister Basavaraj Bommai-led government had submitted that 27,903 villages in Karnataka already had burial grounds and 319 villages were yet to be provided grave yards.

However, the Karnataka State Legal Services Authority, which verified these submissions, told the court that the State has provided false information and a total of 2,041 villages were yet to be provided with land for the purpose.

Following this, the government decided to publish advertisements to obtain information from the public. The Court, which is monitoring the issue, has adjourned the hearing to April 20. **PTI**

Scaling peak and breaking records

B'lurean scales highest peaks in Malaysia and Vietnam

Bengalurean Naveen Mallesh has set a new record by summiting the Mount Kinabalu in Malaysia and Mount Fansipan in Vietnam last month in just three days 10 hours and 49 minutes.

Mount Kinabalu is the highest peak in Malaysia and is also known as the highest peak in South East Asia, standing at an altitude of 4,095 metres. Mount Fansipan, on the other hand, is the highest peak in Vietnam and the highest mountain in the Indochinese Peninsula with the nickname "the Roof of Indochina," reaching a height of 3,147 m.

Naveen's record has been officially verified and confirmed by both the Indian Book of Records and the Asian Book of Records as the "Fastest to summit mountain peaks of Malaysia and Vietnam by an individual". Naveen said, "I also hoisted the Indian flag and Karnataka flag on both summits in a record time, accomplished by trekking through challenging terrain and weather conditions." **BMB**

Dunzo lays off 30% of its workforce

Homegrown quick-grocery delivery provider Dunzo has laid off at least 30 per cent of its workforce, nearly 300 employees, after it raised $75 million in a fresh funding round.

According to sources, Kabeer Biswas, Dunzo Founder and CEO, told employees in a town-hall meeting about the latest round of layoffs.

Dunzo did not immediately comment. The Economic Times was first to report about the development. In January, Dunzo had laid off 3 per cent of its workforce amid cost-cutting measures, as the company looked at team structures and network design to build efficiency into its teams.

The quick commerce platform will also shut down 50 per cent of its dark stores, and will now join supermarkets and other merchants.

E-commerce player Dunzo in January 2022 raised $240 million to expand its footprint in India. The freshly-raised funds were to be used in enabling instant delivery of essentials from a network of micro warehouses while also expanding its 'B2B' business vertical to enable logistics for the local merchants. The investment was led by Reliance Retail Ventures. **IANS**

PVR CINEMAS (Phoenix Market City, 10:00, 1:40, 4:20, 10:15 p.m. | Forum Mall, Kormangala, 10:10, 1:20, 6:50, 10:00 p.m. | Orion Mall, 10:50, 12:35, 4:35, 6:40, 10:15 p.m. | Orion Uptown Mall, 10:20, 4:25 p.m. | MSR Regalia Mall, 11:10, 1:50, 7:20 p.m. | Spirit Mall, 9:35, 4:30, 9:45 p.m. | Vegacity Mall, 10:00, 12:30, 3:55, 10:20 p.m. | Directors Cut, 10:15, 1:25, 10:30 p.m.) | INOX (Garuda Mall, Yelahanka, 10:45, 4:55, 10:00 p.m. | Garuda Mall, Magrath Road, IN DOLBY ATMOS:- 10:05, 1:00, 7:15, 10:00 p.m. | Mantri Mall, 10:15, 7:30, 10:30 p.m. | Central Mall, 10:00, 4:00, 6:45 p.m. | Lido, 10:05, 4:15, 10:30 p.m. | Brookefield Mall, 10:30, 5:35 p.m. | Forum Value Mall, 10:35, 4:20, 10:25 p.m.) | CINEPOLIS (Royal Meenakshi Mall, 12:10, 10:20 p.m. | ETA Mall, Binny Mill, 12:50, 6:25 p.m. | Lulu Mall, 10:30, 4:20, 10:20 p.m. | Shantiniketan, 10:30, 4:30, 10:10 p.m.) | GOPALAN (Innovation Mall, 5:00, 10:00 p.m. | Legacy Mall, 11:00, 1:00, 5:15, 9:45 p.m.) | INNOVATIVE MULTIPLEX (Marathahalli, 9:50, 1:00, 4:15, 7:00, 9:50 p.m.) | CINEPHELI (Hsr Layout, 10:45, 3:00, 9:00 p.m.) | CINEPOLIS (City Centre Mall, Mangalore, 10:30, 7:20 p.m.) | PVR CINEMAS (Forum Mall, Mysore, 10:35, 4:30, 10:20 p.m.) | INOX (Satyam Mall, Mysore, 10:05, 5:15, 9:50 p.m.) | BHARATH CINEMAS (Mangalore, 10:15, 2:30, 7:45, 10:30 p.m.) | DRC CINEMAS (Mysore, 4:30, 7:30 p.m.) | MOVIETIME (Davangere, 4:00 p.m.).

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IN IMAX AT

IN ENGLISH 3D :- PVR CINEMAS (Forum Mall, 10:00, 12:15, 6:00, 8:15 p.m. | VR Mall, 10:00, 12:15, 6:00, 8:15 p.m. | Vega City, Bannerghatta Road, With Eng Sub, 9:00, 2:30, 4:45, 10:30 p.m.) | INOX CINEMAS (Mantri Mall, 9:55, 12:05, 5:40, 7:50 p.m. | RMZ, Yelahanka, 9:55, 12:05, 5:40, 7:50 p.m.) | CINEPOLIS CINEMAS (Shantiniketan, 1:50, 4:00, 8:20 p.m.).

IN 4DX AT

IN ENGLISH 3D :- PVR CINEMAS (Phoenix Marketcity, 11:00, 4:45, 10:30 p.m. | Forum Mall, 4:15, 10:00 p.m. | Orion Uptown Mall, 10:00, 12:15, 2:30, 8:15 p.m. | Vega City, Bannerghatta Road, 11:00 a.m., 8:15 p.m.) | CINEPOLIS CINEMAS (Shantiniketan, 9:30, 11:40, 5:20, 6:10 p.m. |

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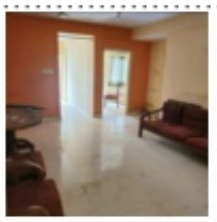

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I, VANDANA DEEPAK WADHWANI, W/o. Deepak Mengharaj Wadhwani and Residing at Block No.9, Flat No.18, KHB Quarters, Siddapura, Bangalore 560011 Karnataka, India, have changed my name to VANDANA WADHWANI vide affidavit dated: 29.03.2023 before notary B.V Nagabhushana, Bengaluru.

I, Abdul Saleem Abdul Aziz s/o Abdul Aziz, No 155, NGR Layout, Viratnagar, Bangalore South B'luru Karnataka 560068 have changed my name to Abdul Saleem for all purposes.

I, VIJAYALAKSHMI Krishnamurthy, R/a No. 60/38, Guruprasad Apt, Flat-3, 2nd Cross, Extension, Hanumanthangar, Bengaluru-560019, I have changed my name to VIJAYALAKSHMI. Vide affidavit Date: 06.04.2023. Sworn before Notary: Devaraja.E.

I, MUZAFFAR, S/o. Syed Munawar Shah and Residing at No.8/1, North Street, Military Gate, Neelasandra, Viveknagar Bangalore 560047 Karnataka, India, have changed my name to MUZAFFER SHAH vide affidavit dated: 06.04.2023 before notary B.V Nagabhushana, Bengaluru.

I, Deepa Lakshmi Y, W/o. A.N.Gajendra Prasad, D.O.B: 17/01/1976, R/o No.127 3rd Cross, Park Side Road, Kasturinagar PO Kalayanagar Bangalore-560043, have changed my name to Deepa.G.Prasad, vide affidavit dated: 27.03.2023 before notary CHANDRAKALA, Bengaluru

I, Ashish Gupta, R/a. Flat no.704, APAS VALMARK, Hulimavu lake, Bannerghatta Road, Bengaluru-560076. I have changed my Minor Son name from Samradh Gupta to SAMRIDH GUPTA. Vide affidavit Date : 06.04.2023. Sworn before Notary : Devaraja.E.

I, SHEELA NAGARAJ R/O. C/O. S.Balaji, # 8/1, ACK Nagayya Street, Devangha Pete, Kollegal, Chamarajanagar 57 1440 have changed my name to SHEELA CHELUVAYYAGAL NAGARAJ vide Affidavit dt. 05.04.2023 sworn before notary Mr. C Srinivas Bengaluru.

I, S.Pratap,R/a BHARANI SIGNATURE #150 AND 151, #102, 2nd Main, Defense Employees Layout, Sahakarangar, Bengaluru-560092. I have Changed my Name to S. PRATHAP. Vide affidavit Date:06.04.2023. Sworn before Notary Devaraja .E.

I, Shibaz Ahammed S/o Mohamed Shakir Kottarathil Nirathintavide R/o #22, 2nd cross, 2nd stage, Indiranagar, Bengaluru 560038 have changed my name to Shibaz Ahmed affidavit Dt.06/04/2023 notary Ganesh Gowda MV, B'luru

I, Manoj Kumar s/o Tarachand R/o Flat.19028, Tower 19, Prestige Shanthiniketan, ITPL main road, Hoodi, Bengaluru 560048 have changed my name to Manoj Kumar Tulsani affidavit Dt.06/04/2023 notary Ganesh Gowda M.V, B'luru

I, Yashaswini Swamy Vasisht W/o Rajeev Vijendra Irny R/o D 201, Chartered Beverly Hills, gubbalala, Subramanyapura Post, B'luru-560061 have changed my name to Yashaswini Rajeev For All Purposes.

I, Chandrakala W/O, Ravi A R/o 307/b 10th Cross , Ideal Homes Town Ship Rajarajeshwari Nagara , Bengaluru - 560098 have changed my name to Chandrakala R

I, Sudhanva Mahadeo Desai S/O, Madhavrao R/o #48,eshavasya,15dcross,pragati Badavane, vajarahalli, kanakapura Road Bangalore have changed my name to Sudhanva Madhavrao Desai

I, Sasikala K W/O, Karthik N R/o No 63/623 Nagamuneshwara Layout 3rd Cross Parappana Agrahara Bangalore 560100 have changed my name to Shashikala K

I, Ravi S/O, Appanna N R/o 307/b 10th Cross , Ideal Homes Town Ship Rajarajeshwari Nagara , Bengaluru - 560098 have changed my name to Ravi A for all purposes.

I, Shailesh Kumar Arun Kumar Bhansali S/O, Arun Bhansali R/o 21/1, Padmavati Plaza, K M Lane, S P Road Cross Bangalore have changed my name to Shailesh Bhansali

I,MOHANA Kumara G S/o Gujjarappa R/o Gundappachikkenahalli, Hemdore Post, Sira Taluk, Tumkur District-572135 have changed my name to Mohan Gujjaar for all purposes

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I, Rohit Bansal R/o M0550, Brigade Lake front, ITPL Epip zone, Seetharamapalya, Whitefield, Bengaluru 560048 have changed my minor daughter name from Navya to Navya Bansal affidavit Dt.06/04/2023 notary Ganesh Gowda MV, B'luru

I, Roopashree Mallasandra Adinarayana R/o # 21, 4th C Cross, 9th Main Road, K N Extension Yeshwanthpur, Bengaluru-560022 have changed my minor son's name from Karthikeya Sreenath Muninagappa to Ramcharan Marve

I, Kanishk S/o Ravi Desai and Savita Desai R/o #12-17 Desai area road, Hire Agasi, Doranahalli, Yadgir 585223 have changed my name to Kanishk Ravi Desai affidavit Dt.06/04/2023 notary Ganesh Gowda M.V, Bengaluru

I, Neha Kumari W/O, Upendra Singh R/o D120, S1s Summerfields 7/2 Singasandra (560068) Bengaluru have changed my name to Neha Singh for all purposes.

OBITUARY

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R. Raghavendra Rao

07.04.2022

Those we love don't go away, they walk beside us everyday.

Fondly Remembered by
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Narcotics network on DarkNet, using cryptocurrency busted

#New Delhi

The Narcotics Control Bureau (NCB) has busted an international criminal gang that dealt in drugs using DarkNet and cryptocurrency with linkages in several countries as well as multiple states in India, sources said.

The bureau is carrying out operations against drug cartels under the direct supervision of Union Home Minister Amit Shah, pursuant to Prime Minister Narendra Modi's vision to put an end to narcotics trade in the country, they said.

The gang had linkages in the US, Netherlands and Canada, and in states of West Bengal, Gujarat, Karnataka, Uttar Pradesh, Bihar, Jharkhand, Odisha, Maharashtra, Rajasthan, Haryana, Punjab, Himachal Pradesh and Assam, the sources said.

It was busted in a first of its kind operation that detected and dismantled the drug market on the Darknet and on social media run by anonymous and professional traffickers, and home delivery network, they said.

The modus operandi of the drug traffickers included the use of Darknet, cryptocurrency, digital media, UPIs and fake KYC documents as well as post and courier services, the sources said.

Consequent to strategic and operational planning, during the operation, spanning over 11 months, 47 cases were registered, 40 people arrested and a variety of drugs and cash seized by the NCB in 2021-22, they said.

The highlight of the operation was the coordination with foreign drug liaison officers, and excellent coordination among various zonal units of the NCB and state police forces for simultaneous operations, the sources said. National Disaster Response Force divers were also used for retrieving crucial evidence from deep waters.

For excellent investigation, three NCB officers were awarded the Union Home Minister's Medal for Investigation, the sources said.

In Ludhiana, the NCB has also busted a "basket" case having international drug racket links in Dubai, Afghanistan and Pakistan.

Seventeen people were arrested, including kingpins, traffickers, white-collar criminals, two afghan heroin processing experts and members of the alleged Jaggu Bhagwan Puria gang. The seizure in the case included about 34.5 kg of heroin, 5.5 kg morphine, 0.6 kg opium, 23.6 kg narcotics powder, acetic anhydride, bullets and magazines.

Two heroin processing labs were also busted, the sources said.

Three different modes of smuggling of heroin - sea route through Mundra port, land route through Attari-Wagah border and the international border -- were used by this syndicate.

The NCB's financial investigation has also identified Hawala network money payment channels and a group of companies involved in it.

The identified assets include 45 properties, many front businesses, including liquor brands, real estate, pubs and restaurants and 190 bank accounts.

So far, the NCB has recovered about Rs 4 crore drug money. It has also frozen 35 properties, 24 bank accounts worth Rs 32 crore. The NCB is looking at freezing at least Rs 50 crore worth of assets, the sources said. **PTI**

Centre recommends CBI probe into Oxfam India

The Union Home Ministry on Thursday recommended a CBI probe into the affairs of the Indian arm of the global NGO Oxfam for alleged violation of the Foreign Contribution (Regulation) Act, sources said.

The home ministry found that Oxfam India continued to transfer foreign contributions to various entities, including other NGOs, even after registering under the FCRA, which prohibits such transfers after an amendment that came into force on September 29, 2020, sources said.

Oxfam India is the second NGO against whom the home ministry has recommended a CBI probe within a month for alleged violation of the FCRA.

On March 20, the home ministry recommended a CBI inquiry against Aman Biradari, an NGO established by activist Harsh Mander.

Aman Biradari was one of the NGOs to which Oxfam India transferred foreign contributions, violating the law, sources said. There was no immediate reaction from Oxfam India.

During a survey by the Income-Tax department, multiple emails were found which revealed that Oxfam India was allegedly planning to circumvent provisions of the FCRA by routing funds to other FCRA-registered associations or through the for-profit consultancy route, sources said. **PTI**

mybangaloremirror@timesgroup.com
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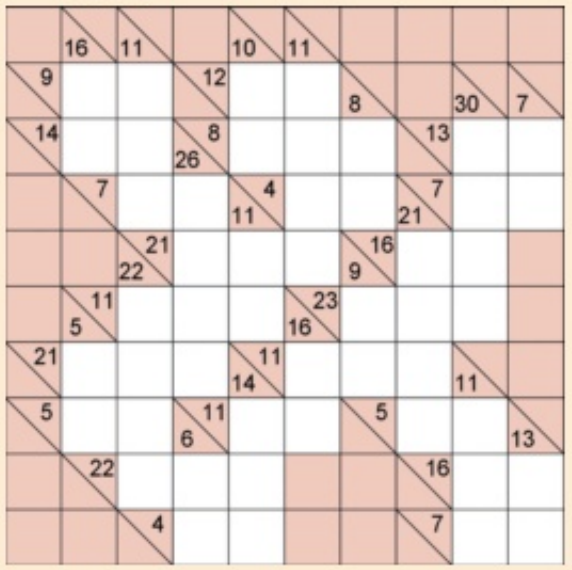
SOLVE IT IN A MINUTE

How many days in a year have prime numbers for both month and day?

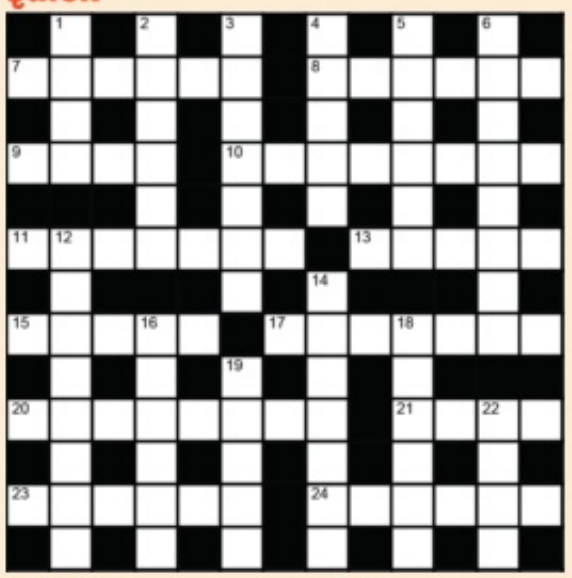
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Former President ___ Mukherjee (6)
8 Mythical monster (6)
9 Greek peak (4)
10 Habitually untidy (8)
11 Reykjavik is its capital (7)
13 Urbane or chic (5)
15 Don clothing (5)
17 Gladly (7)
20 Excessively distrustful (8)
21 Tug (4)
23 Add or attach to (6)
24 Former cavalryman (6)

DOWN

1 Malay dagger (4)
2 Available if needed (2,4)
3 Condemning; ill-treating or molesting (7)
4 Turn of phrase (5)
5 A French cake (6)
6 Most senior (3-5)
12 Field Marshal K.M. ___ ; first Indian C-in-C of Indian Army? (8)
14 Summer-type shoes (7)
16 Uses a razor, perhaps? (6)
18 Yielding as a return (6)
19 Boisterous (5)
22 Require (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS D

RM HWV PWT'L KZJB LRXB LW PW RL ORDKL, UKBT URII HWV KZJB LRXB LW PW RL WJBO?

Linemaro

I live so that I can see you smile

Mindchow

Real generosity is doing something nice for someone who won't find out you did it

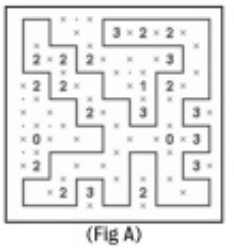
Joke of the day

Forecast for the weekend: Mostly drunk, with chances of a hangover

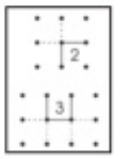
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

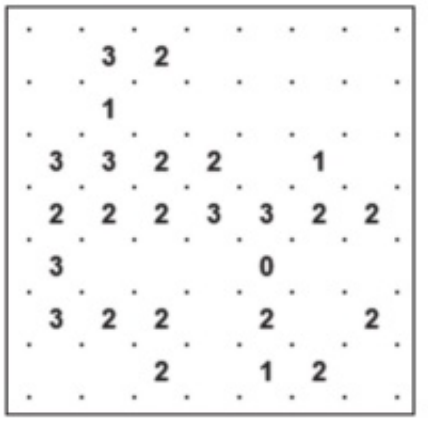


(Fig B) Not Allowed

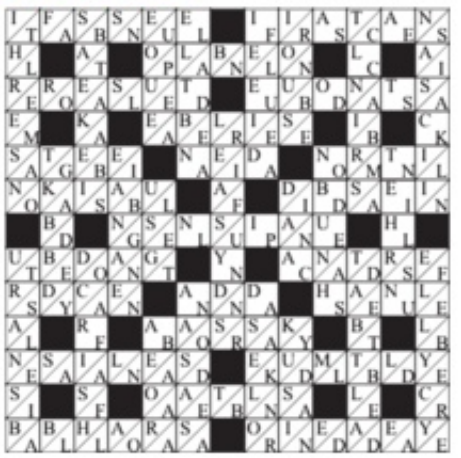
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set....

1	2	3	4	5
6				
7	I			
8				
9				

ACROSS

1 Fr Sam; 6 Leal I;
7 Relit; 8 A be as;
9 Girth

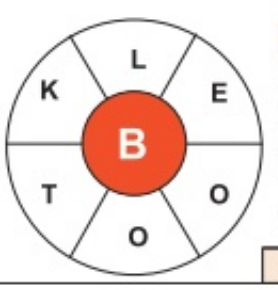
DOWN

1 Frail; 2 Bail I;
3 Grate; 4 Harms;
5 Steel

Mensapuzzle

Fill in the blanks to find a word.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

SudokuChallenge

2		1		3		6		9
	3			6			5	
7			5		1			4
	7	6				8	4	
	1	8				2	9	
9			8		6			7
	8			7			3	
6		7		1		9		8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

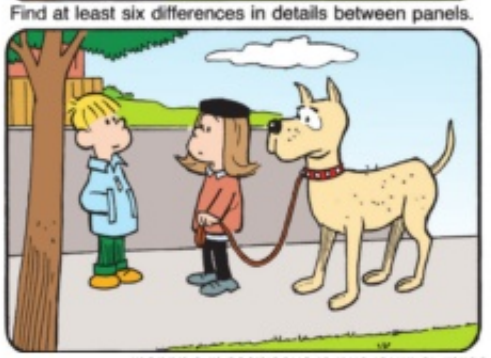
Easy = 14
5 7 7 9

Medium = 6
1 2 5 9

Hard = 3
5 8 8 7

Hocusfocus

Find at least six differences in details between panels.



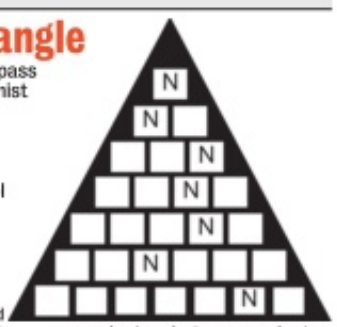
Differences: 1. Dog's tail is moved. 2. Leash is longer. 3. Dog's leg is moved. 4. Boy's arm is not showing. 5. Girl's collar is different. 6. Shoelaces are added.

Riddler

All in white, a fossil,fresh snow, a loan, the sky,
But just what am I?

Alpha triangle

1 North on the compass
2 Neon for the chemist
3 Perfect number
4 Small depression
5 Drift of events
6 Dating app
7 Poseidon's symbol



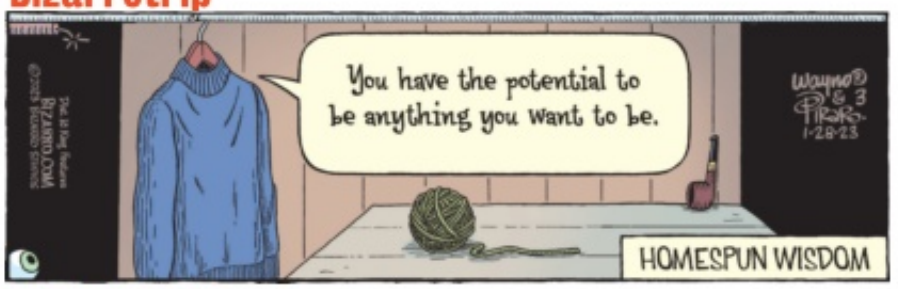
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

I HOPE THIS IS THE LAST OF YOUR GET-WELL-SOON GIFTS.
I NEED TO GET SICK MORE OFTEN!
SINCE YOU DON'T HAVE A TV IN YOUR ROOM, I'M LETTING YOU BORROW MINE FOR A FEW DAYS!
I ALREADY DOWNLOADED THE LATEST SEASON OF "FAKE HOUSEWIVES" FOR YOU, AND UH... SINCE I'M HERE...
WE MIGHT AS WELL START EPISODE ONE OUT OF 700 OF CADET LUNA
I KNEW THERE WAS A CATCH.

Crankshaft

Mutts

THERE HE IS — AS ALWAYS — JUST HANGING AROUND — DOING NOTHING — NOTHING BUT BEING A "CAT."
THE DUDE ABIDES.
I DON'T KNOW ABOUT YOU — BUT I TAKE COMFORT IN THAT.

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your professional performance may be excellent, and you may have the full support of your boss or senior, leading to new opportunities. Job seekers may find suitable employment, and singles may find love in the workplace.

Taurus Apr 21 – May 20
: Today, your destiny may be with you, and you may easily manage things, which will boost your confidence. You may plan to visit a spiritual place and donate to spiritual activities or charities. A short business trip may be expected, and blessings from elders may bring peace of mind. Love birds may receive help from family members regarding marriage.

Gemini May 21 – Jun 21
Today, you may feel dull and experience minor health issues that may disrupt your daily routine. You may explore and analyse yourself to identify your negativities, and feel lonely in a crowded environment. However, in the late evening, with the help of elders, you may overcome this situation.

Cancer Jun 22 – July 23
Today, you may receive profitable business orders and implement new ideas in your work. New partnerships may emerge, but being busy with work may make you mentally tired and affect your domestic life.

Leo Jul 24 – Aug 23
Today, your job performance may be excellent, and your colleagues may cooperate with you. You may complete postponed projects on time and lend money for investment purposes. Job seekers may find new employment, and there may be positive news for those affected by old health issues.

Virgo Aug 24 – Sep 23
Today, the situation may be stable, and people around you may respond positively. However, you are advised not to take life as a burden and sustain yourself in unavoidable situations. Difficulties in easy gains may arise, but blessings from elders may help you overcome them. Your confusion in choosing targets may also end.

Libra Sep 24 – Oct 22
Today, tasks may remain incomplete, and you may experience mood swings and test your patience several times. Silly mistakes may make it difficult to conclude your work. Love birds may feel confused about their feelings, and high expectations may affect your emotional attachment to your spouse. It is advised to take care of your parents, and students may lose their concentration.

Scorpio Oct 23 – Nov 22
Today, you may be able to complete postponed projects with the help of your subordinate staff, and your network may be boosted, benefiting your work or social life. You may plan to go out with friends or siblings, and some disputes with neighbours may be resolved. Students are advised to overcome laziness and carelessness.

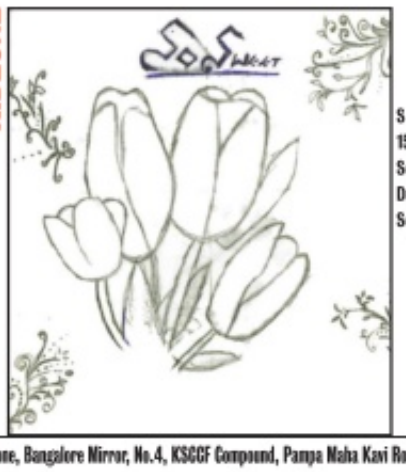
Sagittarius Nov 23 – Dec 22
Today, you may spend money on family issues, affecting your financial health. Avoid spending money on worthless things and think twice before acting. It is advised to control your straightforwardness to maintain harmony in your domestic and professional life.

Capricorn Dec 23 – Jan 20
Today is a good day for you, and you may have a positive environment after hearing good news from siblings. Job seekers may find employment, and spiritual energy may help you make the right decision. Your focus on your goals may be clear now, and students may have good focus in their studies.

Aquarius Jan 21 – Feb 19
Today, you may feel dull and unhealthy, and find yourself standing at a crossroads. It is advisable to follow your intuition before making any important decisions. It is also recommended to drive safely and avoid adventure tourism. You may criticize yourself and find it difficult to make important decisions, which may be due to a lack of self-confidence, and this may affect your social image.

Pisces Feb 20 – Mar 20
Today is an important day in terms of gains. You may achieve results with less effort, and your losses may turn into profits with the help of your intelligence. You may plan to pursue academic endeavors or donate to a religious place or charity. Helping a needy person is also possible. Investing in intellectual assets may be a good option, and students may perform well.

KIDZONE



S Archana, 15 Years, Seventh Day High School

Shreesha Sameernath, 12 Years, St. Peter's School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Months: 2 3 5 7 11
Days: 2 3 5 7 11 13 17 21 23 29 31
2 Feb 28 9 (10 leap yr)
3 Mar: 31 11
5 May 31 11
7 Jul 31 11
11 Nov 30 10
Total 52 days
53 days leap

RIDDLER
A bride (something old, something new, something borrowed, something blue).

FAST FIVE

F	A	R	M	S
I	L	E	A	L
L	I	T	R	E
A	B	A	S	E
R	I	G	H	T

STRIKE OUT

T	A	S	S	E	L		F	R	A	C	A	S		
			P	A	B	L	O		L		I			
H		I												
E	R	A	S	E	D		U	B	O	A	T	S		
N		K		E	E	R	I	E		I		K		
A	T	L	E		N	E	D		O	M	N	I		
N	A	S	A	L		F		I	B	S	E			
R	Y	A	N		N	D	A		H	A	U	L		
A		F		B	O	S	S	Y		H		L		
N	A	I	L	E	D		K	U	M	B	L	E		
	I		S											
A	B	H	O	R	S		O	N	E	D	A	Y		

QUICK

K	O	A		I		G		T						
P	R	A	N	A		B		R	A	G	O	N		
A		S		Y		S		G		D				
	P		W		A		I		E					
P	A	R	A	N	O	I	D		Y	A	N	K		
	I		H		R		N							
D	R	E	S	S		H	A	P	P	I	L	Y		
	A			G		S			E					
I	C	E	L	A	N	D		S	U	A	V	E		
	L		I		M		A		E					
O	S	S	A		S	L	O	V	E	N	L	Y		
	I		C		U		I		T		P			
S	L	A	V	E		L	A	N	G	U	A	G	E	

MENSA PUZZLE
Disagree.

QUOTE UNCODE
If you don't have time to do it right, when will you have time to do it over?

BULL'S EYE
belt, blow, blot, bole, bolt, book, BOOKLET, boot, lobe, oboe

SUDOKU

2	5	1	4	3	8	6	7	9
8	3	4	7	6	9	1	5	2
7	6	9	5	2	1	3	8	4
5	7	6	2	9	3	8	4	1
3	9	2	1	8	4	7	6	5
4	1	8	6	5	7	2	9	3
9	2	3	8	4	6	5	1	7
1	8	5	9	7	2	4	3	6
6	4	7	3	1	5	9	2	8

ALPHA TRIANGLE
N, Ne, Ten, Dent, Trend, Tinder, Trident.

GO FIGURE
Easy
9 + 5 + 7 − 7 = 14
Medium
2 + 9 / 1 − 5 = 6
Hard
8 / 8 + 7 − 5 = 3

LOOP

KAKURO

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CAN'T CALL IT A STRUGGLE!

Aditi Rao Hydari says all artists go through ups and downs; reveals her trick to keep going

Aditi Rao Hydari, the pristine beauty of Bollywood has been around for almost two decades. Whilst she started her career with the National Award winning Tamil period drama film, Sringaram in 2007, she has also made a mark with movies like Yeh Saali Zindagi (2011), Wazir (2016), and Ajeeb Daastaans (2021). However, the actor has seen her share of ups and downs, and revealed recently why she doesn't like to use the word 'struggle' for her journey.

In a chat with News18, the actor opened up on the lows and highs in her career. She said, "I don't want to use the word 'struggle'. A part of being an artist is knowing that there are going to be ups and downs. The idea is to be able to choose to believe and keep dreaming and believing that those dreams will come true. That takes guts and a kind of steadiness." The actor also opened up on being taken for granted for being petite, while adding that people told her, "Oh Aditi, if I do phoo, you will fly, and if we touch you, you will break." She also spoke about unsolicited advice received from all quarters and said, "I know that sometimes we get led a certain way and confused and people give a lot of advice. But I believe in keeping bringing myself back, keeping the child alive in me alive and just keep dreaming. That, I would say, is what I hold on to and protect. I've been lucky enough to have people around me who also protect me." —ETimes

Not just a bombshell

Malaika Arora recently recalled being perceived as a sexy bombshell for the longest time. The gorgeous diva also spoke about how it bothered her what people thought about her.

In a recent interview with a news portal, Malaika said that when you are perceived as a sexy bombshell, no one takes you seriously. And this is what people thought about her for the longest time. According to her, it bothered her how people thought about her as just someone with a 'great body' and a 'good face'. She wanted to break away from this image, and she worked on herself to do so, Malaika told Brides Today.

Elaborating further, she added that for her, confidence was never an issue. If there is one thing that she has in abundance, it's confidence. Today, she feels calmer and wiser, something she certainly wasn't when she was growing up. Malaika also remembered that she was constantly dealing with internal strife. According to her, she is a born hustler, and she will die a hustler."

— ETimes

Airport look, done right

Actor Vidya Balan, known as a powerhouse of talent, is also someone who voices her opinions on issues like body positivity and pay disparity. The actor, who believes in calling a spade a spade recently opened up on how initially, the pressure to always look flawless, especially at the airport, used to overwhelm her.

The actor, in an interaction with journalist Faye D'souza opened up on 'airport looks' and said, "Initially we were all very conscious, thinking about what to wear. I don't wear makeup when I am not shooting or have events to attend. So initially it did bother me. I would pray the photographers are not there. I would duck into my car so that they don't spot me. I was a fugitive but then I was like this is who I am. I think it also comes with age and experience, acceptance.. the realisation.. like whatever. Take it or leave it."

— PTI

Heartbreak hotel

Shraddha Kapoor to Shakira: Celebrities who were allegedly cheated on by their partners

Watch this story come alive by pointing your phone camera at the QR code

Five slices of life

PENTAGON

3 RATING ★★★☆☆

- **DIRECTOR** Guru Deshpande, Akash Srivatsa, Raghu Shivamogga, Kiran Kumar, and Chandra Mohan
- **ACTORS** Kishore Kumar G, Biradar, Ravi Shankar, Prithvi Ambar, Prakash Belawadi
- **Certification** A

Pentagon is an anthology movie with five different stories helmed by five directors. It conveys a message to society, especially youngsters, on the importance of life and it makes it clear death is not a solution to problems.

The first story is Mr Goofy's Café directed by Chandra Mohan. It is about how Mruthyunjaya tries to kill himself but fails. Finally, he approaches a contract killer to fulfill his desire of ending his life. He wanted to end his life because of a break up from his lover. What happened to Mruthyunjaya? Does the contract killer succeed? Find out all this and more. The story suggests that decisions must not be taken in haste.

The second story is Mysore Pak, directed by Akash Srivatsa. It is about the problems of Ramakant (Biradar), a retired teacher. He is fond of Mysore Pak and can't eat idlis made by his daughter-in-law. He asks his son to bring Mysore Pak. What happens to Ramakant is what this tale is all about.

The third story is Kamaturanam Na Bhayam Na Lajja (meaning lust has no fear, no shame) directed by Raghu Shivamogga. It shines the light on dating apps and how gullible people are being exploited by cyber criminals. It revolves around the relationship between Anil (Sagar) and Jessi (Tanisha Kuppanda). Anil is Jessi's tenant's son who meets her in an awkward situation. Jessi advises Anil to log on to dating apps to muster courage to have a relationship with her. What happens to Anil is what this story is about.

The fourth story is Doni Saagali Munde Hogali directed by Kiran Kumar. It highlights the issue of caste discrimination. Prithika Deshpande, Ravi Shankar play important roles in the movie. While Ravishankar plays a landlord in Kodagu, Pritika plays a woman belonging to a low caste who works as a coolie in his estate.

The fifth story is Karma, directed by Guru Deshpande. Karma revolves around a Kannada leader (Kishore Kumar). It also narrates how rumours and false allegations create problems and difference of opinion among the followers of the leader. Kishore Kumar G plays the leader while Pruthvi Ambar plays a disgruntled youth. Both have given sterling performances.

The theme song – Soothakada Kaarmoda Kadugappu Kaageyadu - is an added attraction.

If you cannot resist the lure of tales, this movie is for you.

—Y Maheswara Reddy